**Fitness Plan (30 points)**

**Standard 3: Active Lifestyle: Participate regularly in physical activity**

**Benchmark 1: Participate in a variety of physical activities of personal interest to maintain an active lifestyle.**

**Standard 4: PHYSICAL FITNESS: Know ways to achieve and maintain a health enhancing level of physical fitness**

**Benchmark 1: Set goals to improve personal fitness level based on various sources of information.**

**Benchmark 2: Assess the benefits of participation in selected physical activities on the components of health-related physical fitness.**

**General Learner Outcomes:**

**GLO1: Self Directed Learner**

**GLO 3: Complex Thinker**

**GLO 4: Quality Producer**

**Instructions:** Using the template below, you are going to develop a fitness program that you can follow to achieve or maintain your level of physical fitness. First, you are going to come up with 2 different fitness goals. Secondly, you will develop a warm-up and cool down that will used before and after each workout. Lastly, you will need to create **3 different workouts** that you can choose from which should include **Strength Training, Circuit Training, Super-set Training, or Crossfit Training.** Each workout should have 5 different exercises. The idea is to have variety, make your workouts fun, and most importantly to help you reach your fitness goals. Be sure to take into account all the different fitness activities/exercises you learned.

**Fitness Goals**

**1.**

**2.**

|  |  |  |  |
| --- | --- | --- | --- |
| **WARMUP (5 min. total)** | | | |
| **Dynamic** | **Intensity**  Low HR < 134  Moderate HR = 134  High HR > 175 | **Distance** | **Reps** |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |
| 5. |  |  |  |

|  |  |
| --- | --- |
| **COOL DOWN (5 min. total)** | |
| **Static Stretches** | **Time** |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WORKOUT 1 (30-45 min.)** | | | | | |
| **Exercise** | **Muscle(s)** |  | **Sets** | **Reps** | **Type of fitness?**  **Health**-Cardio, Strength, Flexibility, Muscular Endurance  **Skill**- Agility, Reaction, Speed, Power, Balance, Coordination |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WORKOUT 2 (30-45 min.)** | | | | | |
| **Exercise** | **Muscle(s)** |  | **Sets** | **Reps** | **Type of fitness?**  **Health**-Cardio, Strength, Flexibility, Muscular Endurance  **Skill**- Agility, Reaction, Speed, Power, Balance, Coordination |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WORKOUT 3 (30-45 min.)** | | | | | |
| **Exercise** | **Muscle(s)** |  | **Sets** | **Reps** | **Type of fitness?**  **Health**-Cardio, Strength, Flexibility, Muscular Endurance  **Skill**- Agility, Reaction, Speed, Power, Balance, Coordination |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |

**Reflection-** In the back of this paper, write an essay explaining the warm-up, workouts, and cool down that you chose and explain how it would help you meet your fitness goals.

**Grading Rubric (30 points)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Criteria** | **Advanced** | **Meeting** | **Nearly Meeting** | **Not Met** |
| **Fitness Goals** | **Has 2** fitness workout goals w/ specificity  *(6pts)* | **At least 1** fitness goal w/specificity  *(4pts)* | **Has 1** fitness goal  *(2pts)* | **No** fitness goals  *(0 points)* |
| **Warm-up** | **Picks 5** dynamic stretching activities that is complete with distance or reps | **At least 4** dynamic stretching activities that is complete with distance or reps | **At least 3** dynamic stretching activities | **No** warm-up activities  *(0 points)* |
| **Workouts** | **Has 3** different fitness workouts that are complete with time, sets & reps | **At least 2** different fitness workouts with time, sets & reps | **At least 1** different fitness workout | **No** fitness workout  *(0 points)* |
| **Cool Down** | **Picks 5** static stretches with times listed | **At least 4** static stretches with times listed | **At least 3 static stretches** with times listed | **No** cool down activities  *(0 points)* |
| **Explanation** | **Detailed** explanation of fitness program is **clearly** written and explains how it reaches goals | **Explanation** of fitness program iswritten and explains how it reaches goals | **Minimal** explanation of fitness program is written with/without how it reaches goals | **No** explanation  *(0 points)* |

Comments: